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COMPOSITION AND YIELD OF WHOLESALE CUTS OF BEEF

Table 1. Proximate composition of untrimmed typical wholesale cuts of beef of four classes ^{1/}

Cut <u>2/</u>	Class <u>3/</u>	As pur-	Edible portion					Fuel value per pound
		chased	"Visible fat"	Chemical composition				
		Bone		Water	Protein (N x 6.25)	Fat (ether extract)	Ash	
		Per cent	Per cent	Per cent	Per cent	Per cent	Per cent	Calories
Chuck----- (including shoulder clod)	Thin	19	8	71	19.2	9	0.94	720
	Medium	17	13	65	18.6	16	0.88	990
	Fat	15	17	60	17.6	22	0.82	1,220
	Very fat	13	24	52	15.0	32	0.74	1,580
Flank-----	Thin	1	40	52	17.0	30	0.77	1,530
	Medium	1	49	45	14.6	40	0.64	1,900
	Fat	1	56	39	12.7	48	0.54	2,190
	Very fat	1	68	28	9.3	62	0.36	2,700
Kidney-----	All classes	0	0	76	15.0	8	1.08	600
Kidney fat	Thin	0	100	9	3.0	88	0.16	3,650
	Medium	0	100	5	1.7	93	0.12	3,830
	Fat	0	100	4	1.5	94	0.11	3,860
	Very fat	0	100	4	1.5	94	0.11	3,860
Loin----- (excluding Kidney knob)	Thin	16	15	64	18.6	16	0.95	990
	Medium	14	24	57	16.9	25	0.84	1,330
	Fat	12	30	53	15.6	31	0.77	1,550
	Very fat	10	41	44	12.8	43	0.62	1,990
Neck-----	Thin	27	12	69	19.1	11	0.92	800
	Medium	26	17	62	18.2	19	0.85	1,110
	Fat	25	22	57	17.0	25	0.80	1,330
	Very fat	24	29	50	14.0	35	0.71	1,680
Plate and brisket	Thin	22	17	60	17.9	21	0.87	1,180
	Medium	18	27	53	15.8	30	0.75	1,510
	Fat	15	34	47	14.0	38	0.65	1,810
	Very fat	11	47	38	11.0	51	0.48	2,280
Rib-----	Thin	25	8	66	19.0	14	0.94	920
	Medium	21	18	59	17.4	23	0.83	1,250
	Fat	18	24	52	15.8	31	0.74	1,550
	Very fat	14	38	43	12.7	44	0.59	2,030
Round-----	Thin	12	8	71	19.7	8	1.00	680
	Medium	11	13	67	19.3	13	0.95	880
	Fat	10	16	63	18.7	17	0.90	1,030
	Very fat	9	22	58	17.4	24	0.82	1,300
Rump-----	Thin	27	25	60	17.4	22	0.88	1,210
	Medium	24	33	53	15.5	31	0.77	1,550
	Fat	22	39	43	14.2	37	0.69	1,770
	Very fat	19	50	40	11.4	48	0.56	2,170
Shank, fore	Thin	41	7	72	21.0	6	0.98	630
	Medium	41	10	70	20.4	9	0.94	740
	Fat	40	12	67	19.7	12	0.90	850
	Very fat	38	18	63	18.2	18	0.83	1,070
Shank, hind	Thin	59	8	71	20.8	7	0.96	660
	Medium	59	12	69	20.1	10	0.93	770
	Fat	57	17	66	19.2	14	0.88	920
	Very fat	55	26	59	17.1	23	0.76	1,250
Sides----- (including Kidney fat)	Thin	19	14	66	18.8	14	0.97	910
	Medium	16	21	60	17.5	22	0.87	1,220
	Fat	15	27	55	16.3	28	0.79	1,440
	Very fat	12	38	47	13.7	39	0.65	1,840

^{1/} Data are from U. S. Dept. Agr., Dept. Circ. 389, 1926.

^{2/} Standard Chicago cuts were used. Except for slight differences, particularly in the fore quarter, these cuts correspond to the ones illustrated in U. S. Dept. Agr., Dept. Circ. 300, "Commercial cuts of meat."

^{3/} Classified according to fat content of the edible portion. The thin, medium, and fat classes were chosen to correspond as closely as possible with the commercial grades, common, medium, and good respectively. The very fat class corresponds approximately with the two grades, choice and prime.

Table 2. Yield of standard wholesale cuts of beef 1/ in percentage of carcass, according to commercial grade 2/

(These figures are based on data published by Missouri and Illinois Agricultural Experiment Stations)

Class	Thin	Medium	Fat	Very fat
Grade	Common	Medium	Good	Choice and Prime
Cuts	Per cent	Per cent	Per cent	Per cent
Fore quarter.....	51.5	51.5	51.5	51.5
Chuck and neck <u>3/</u>	27.7	26.4	25.4	23.6
Trimmed chuck <u>3/</u>	26.1	25.0	24.1	22.5
Neck.....	1.6	1.4	1.3	1.1
Plate and brisket.....	10.2	11.5	12.6	14.4
Fore shank.....	4.9	4.6	4.3	3.9
Rib.....	8.7	9.0	9.2	9.6
Hind quarter..	48.5	48.5	48.5	48.5
Whole round.....	27.2	25.4	24.1	22.0
Rump.....	3.2	3.5	3.7	4.0
Round.....	20.1	18.4	17.1	15.2
Hind shank.....	3.9	3.5	3.3	2.8
Whole loin.....	18.5	19.6	20.5	21.7
Loin (loin end and short loin)	17.2	17.4	17.7	18.0
Kidney knob.....	1.3	2.2	2.8	3.7
Kidney.....	0.4	0.4	0.3	0.3
Kidney fat.....	0.9	1.8	2.5	3.4
Flank.....	2.8	3.5	3.9	4.8

- 1/ Standard Chicago cuts were used. Except for slight differences, particularly in the fore quarter, these cuts correspond to the ones illustrated in U. S. Dept. Agr., Dept. Circ. 300, "Commercial cuts of meat."
- 2/ Figures refer to typical animals of each grade.
- 3/ Shoulder clod is included.